

JUNIOR TECHNIQUE NOTES (Page 1/2)

IMPORTANT: In addition to learning new techniques, students must meet additional requirements to be eligible for belt test at the end of the semester. Requirements include good attitude at home/school, minimum number of classes, tournament participation, and knowledge of study terms. Please read the JUNIOR STUDY SHEET for details.

White Testing to Yellow Belt

Back Fist – Chamber by lifting front elbow to target, palm of fist facing chin, strike out, chamber back.

Punch – Double cover, pivot, punch with backhand, palm of fist facing floor. Strike with first two knuckles, double cover.

Side Kick – Chamber front knee with toes up. Kick straight out with side of foot. Kicking foot parallel to floor. Chamber back.

Check Hi – Step back and lean back sideways. Roll front shoulder. Block head with back hand.

Roundhouse Kick – Chamber front knee and kick around with top of foot. Chamber back.

Yellow Testing to Orange Belt

Knife Hand – Front arm chamber to chin. Open hand strike and chamber back to chin.

Back Ridge Hand – Double cover and pivot feet. Strike with backhand (thumb side of hand, thumb tucked). Double cover.

Back Leg Front Kick – Pivot and chamber back knee (toes up to ceiling). Back leg kick up and chamber back.

Check Low – Step back and palm heel strike down in front of body (to block a kick to the knot of belt).

Two Roundhouse Kicks – Toes pointing away from body, chamber back between kicks with good balance.

Orange Testing to Green Belt

Lead Ridge Hand – Front arm goes outside of body, weight goes to back foot. Front arm ridge hand to chest, pivot front leg.

Hook Kick – Chamber toes up and side kick at angle. Hook kick with bottom of foot and chamber back.

Jab – Front arm chamber. Jab with front hand using first two knuckles (arm goes in straight line) Chamber back.

Three Roundhouse Kicks – Toes pointing away from body, chamber back between kicks with good balance.

Green Testing to Blue Belt

Hook/Round Kick – Chamber with toes up. Hook kick with bottom of foot. Point toes away from body for round kick.

Hook Punch – Bend arm 90 degrees and shift weight to back leg. Pivot with front leg, hook punch across palm down. chamber knee to chest, kick, chamber, return the same way you came.

Lead Leg Front Kick – Pivot feet. Front leg chamber with toes up. Kick up with front, chamber back with good balance.

Four Roundhouse Kicks - Toes pointing away from body, chamber back between kicks with good balance.

Blue Testing to Advanced Blue Belt

Jump Front Kick – Pivot. Back knee chamber high and jump with front leg at the same time. Front kick with front leg.

Spinning Back Fist Strike – Double cover. Back leg moves, pivot on front foot. Elbow up, strike, arm back, double cover.

Parry – Step back, front hand open. Parry by making small circle with front hand avoiding opponent's kick.

Four Side Kicks – Chamber with toes up, kick with foot parallel to floor, chamber back between kicks with good balance.

Advanced Blue Testing to 1st Degree Purple Belt

Spinning Back Kick – Spin by moving back leg, tummy facing the back of room. Hands down for balance, bend over,

Back Leg Roundhouse – Turn toward target (don't spin), back knee chamber, change hands, kick, return.

Four Hook Kicks - Chamber with toes up and point toes away for hook. Chamber between kicks with good balance.

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1st Degree Purple Testing to Advanced 1st Purple Belt

Slide-up Side Kick – Back leg slides to front leg. Toes of planted leg face back. Side kick with good foot position.

Counter Side Kick – Step back, toes of planted leg face back. Chamber knee, side kick, chamber.

One set Side/Round/Hook Kicks - Perform slow, chamber back for each kick, focus on proper foot position and balance.

Advanced 1st Purple Testing to 2nd Degree Purple Belt

Crescent Kick – Raise front hand for target and pivot. Back leg kicks, swings across and lands in front. Change hands.

Reverse Crescent Kick – Pivot, back hand out for target, back leg front kick swings across, land in fighting stance.

One set Side/Round/Hook Kicks - Perform slow, chamber back for each kick, focus on proper foot position and balance.

2nd Degree Purple Testing to Advanced 2nd Purple Belt

Sliding Roundhouse - Feet together. Front knee chamber. Push off back leg, roundhouse kick with front leg at same time.

Spinning Reverse Crescent Kick – Back leg spin, chamber, back hand out as target, front kick across, land in fight stance.

Spinning Roundhouse Kick – Back leg moves, pivot front foot, change hands. Chamber, kick, chamber. Return same way.

Two sets Side/Round/Hook – Perform slow, chamber back for each kick, focus on proper foot position and balance.

Advanced 2nd Purple Testing to 3rd Degree Purple Belt

Jump Side Kick – Jump with both feet together. Front leg chamber and side kick. Chamber back. Focus on foot position.

Jump Spinning Reverse Crescent Kick – Feet together, jump, spin, back hand out as target. Back leg front kick across.

Two sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

3rd Degree Purple Testing to Advanced 3rd Purple Belt

Spinning Hook Kick – Back leg moves, pivot front foot, change hands. Chamber, kick, chamber. Return same way.

Inside Roundhouse – Pivot, front foot comes in front of body, kick with top of foot, chamber back in front of body.

Three sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

Advanced 3rd Purple Testing to 1st Degree Red Belt

Flying Side Kick – Step with front leg, turn to target, chamber back leg, change hands, jump, side kick.

Lead Reverse Crescent Kick – Front hand out for target, front leg kicks, and lands behind. Change hands. Return.

Turning Jump Cresc. Kick – Spin, back leg chamber, back hand out as target. Jump and kick with front leg coming across.

Three sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

1st Degree Red Belt and above techniques are on a separate document (see instructor).

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